

1 **CONCURRENT RESOLUTION ON AWARENESS AND**
2 **TREATMENT OF MATERNAL DEPRESSION AND ANXIETY**

3 2018 GENERAL SESSION

4 STATE OF UTAH

5 **Chief Sponsor: Brian Zehnder**

6 House Sponsor: Rebecca Chavez-Houck

7 Cosponsors: Daniel Hemmert Karen Mayne
8 David G. Buxton Deidre M. Henderson
9 Allen M. Christensen Jani Iwamoto
 Lincoln Fillmore

11 **LONG TITLE**

12 **General Description:**

13 This resolution addresses health concerns involving maternal depression and anxiety.

14 **Highlighted Provisions:**

- 15 This resolution:
- 16 ▶ raises awareness about maternal depression and anxiety; and
 - 17 ▶ encourages the state to take action to address this serious public health issue.

18 **Special Clauses:**

19 None

21 *Be it resolved by the Legislature of the state of Utah, the Governor concurring therein:*

22 WHEREAS, maternal depression and anxiety is a serious public health issue in Utah;

23 WHEREAS, maternal depression and anxiety encompass a range of symptoms and
24 mental health disorders, including depression, anxiety, social withdrawal, and, in extreme
25 cases, psychosis;

26 WHEREAS, at least one in eight new mothers experience maternal depression and
27 anxiety;

28 WHEREAS, maternal depression and anxiety can affect a woman from the beginning of
29 a pregnancy through one year after delivery;

30 WHEREAS, maternal depression and anxiety is the number one complication of
31 childbirth, with incidence rates higher than preterm births, low birth weight babies, and
32 gestational diabetes;

33 WHEREAS, when a mother experiences maternal depression and anxiety, it affects
34 family well-being and stability;

35 WHEREAS, maternal depression and anxiety affect a woman's ability to care for
36 herself and engage in healthy parenting behaviors;

37 WHEREAS, maternal depression and anxiety affects parent-child bonding, increases
38 family conflict, lowers rates of breast feeding, and can lead to less safe home environments for
39 children;

40 WHEREAS, children of affected mothers are at increased risk for serious health,
41 developmental, or behavioral conditions, which can affect the child's overall development and
42 growth;

43 WHEREAS, despite the prevalence and risks, there is a lack of awareness among the
44 public and providers, and many mothers feel reluctant to report symptoms or concerns; and

45 WHEREAS, there are evidence-based, cost-effective screening, detection, and
46 treatment options available for mothers and children, but they are not adequately or
47 consistently applied in Utah:

48 NOW, THEREFORE, BE IT RESOLVED that the Legislature of the state of Utah, the
49 Governor concurring therein, recognizes maternal depression and anxiety as a serious statewide
50 public health issue.

51 BE IT FURTHER RESOLVED that the Legislature and the Governor commit to
52 addressing maternal depression and anxiety at all levels, from individuals and families to
53 communities, organizations, systems, and state policies.

54 BE IT FURTHER RESOLVED that the Legislature and the Governor encourage the
55 Department of Health, the Department of Human Services, local health departments, and the

56 medical community to develop and utilize evidence-based approaches that:

57 (1) expand provider training, education and support, and a standard of care across
58 practices in perinatal and pediatric settings, including those working with mothers experiencing
59 substance use disorders;

60 (2) screen mothers throughout pregnancy and postpartum, including during their child's
61 well-child visit;

62 (3) increase public awareness and public education of maternal mental health
63 disorders;

64 (4) expand statewide maternal mental health data collection, monitoring, and
65 evaluation, and share information across state agencies, nonprofits, and local authorities
66 through centralized systems;

67 (5) increase support for prevention and peer support models, including home visiting
68 programs, community health workers, and other peer or in-home support models;

69 (6) embed maternal mental health into all statewide crisis response policies; and

70 (7) expand public and private models for prevention and care.

71 BE IT FURTHER RESOLVED that the Legislature and the Governor urge all offices
72 and agencies in the state of Utah whose responsibilities include working with new mothers,
73 families, and children, including the Department of Health, Department of Human Services,
74 and local health authorities, to become informed regarding the short-term and long-term
75 impacts of maternal depression and anxiety so that evidence-based preventive care, early
76 identification, and treatment services are available and accessible statewide for all women, and
77 adverse consequences in children and families can be prevented.

78 BE IT FURTHER RESOLVED that a copy of this resolution be sent to the Department
79 of Health, Department of Human Services, and all local health departments.